Registration for Salvation Army camp '95 begins in May

packed to the refere with sum-mer camp in session. From 55 to 60 youngsters, ages to 12, take over the structure on Shiawasses at Inhater to partic-pate Monday through Friday in a variety of activities including field trips, swimming and learn-ing apperiences. And on Fridays for two hours they even get a chance to swim at the pool in the

This marks the aixth year the Farmington Hills facility has opened its doors to kids from within the corps' area of service — Farmington, Farmington Hills, Livonia, Redford Township, Novi and the Village of Franklin.

Youth Worker Tracie Bailey di-rects the program with the aid of four instructors, two college stu-

dents studying for teaching de-grees, one who recently graduated with a teaching degree and a full-time professional teacher.

Camp runs for six weeks and rill be concluded on Friday, July Camp runs us sa verse will be concluded on Friday, July 22. Although camp registrations are closed for this year, registration for next year will be held on a first come, first served basis sometime in late May 1995.

Field trips include visits to

Kidstown in Livonis, Detroit Science Center, Maybury State Park, Troy Museum, Oak Woods Nature Center and the Four Bears Waterpark in Auburn Hills.

Fee for the 9 a.m. to 3 p.m. sessions is \$2 per day; making it affordable for low-income families. According to Cheryl Carter, social worker at the Farmington Hills facility, most kide participate for

Lunches are prepared by the staff of the Hyati Ragency Hotal in Dearborn free. Hot dogs, minipitzsa, ravioli and chicken nuggets are a sampling of the fare. On field trip days brown bag lunches are provided by the same staff. Activities for the pre-teems ere divided into four areas: Class time dealing with resding, material projects; music; recreation, like mini golf, paddle games and jump

"The Salvation Army is not just Christmas and Thankagiving baskets and a drop-off spot for apparel and canned goods, it functions 12 months a year," said Capt. Homer Smith, corps officer in Farmington Hills.

Walking is the simple solution to a healthy lifestyle

Physical fitness doesn't have to be complicated or cost a fortune. It can be as simple as tying shoe-

That's the message the Oak-land County Heart Health Coali-tion wants to spread with its "Walking Guide."

"Walking Guide."

The eight-page booklet promotes walking as an inexpensive, convenient and healthy way to lose weight, gain overall physical fitness, attempthen the heart and improve attitudes.

Developed by coalition mem-bership including health educa-

tors, recreation professionals, nu-tritionists, exercise scientists and others, the guide highlights warm-up exercises, local walking sites, footwear selection, motiva-tion tipe and proper dress.

"Walking is something every-one can do to various degrees," according to Dr. Seymour Gordon, Besumont Hospital's head of car-diac rehabilitation.

Gordon chairs the coalition which focuses on nutrition and fitness and smoking cessation.

"Once you get into the habit of

walking, it's an activity you can do anytime, anywhere, unlike ex-pensive health clube or trendy ex-tended to the control of the in your closet after a few weeks' use" Gordon said. "Walking is something you can do for life, for your life."

More than 5,000 copies of the "Walking Guide" will be distrib-uted to organizations throughout Oakland County to promote walk-ing for improved quality of life.

Regular exercise is associated

■ Regular exercise is associated with lower blood pressure:
■ People who exercise vigorously and regularly are more likely to cut down on or stop amoking:
■ Regular exercise significantly increases the blood levels of HDL, which is the good cholesterol take decreases the risk of coronary artery disease.
■ Exercise can help individuals lose extra pounds or stay at ideal weight.

insulin requirements. People at normal weight are much less like-ly to develop diabetes. B Exercise strengthens bones, thereby helping to prevent estec-

■ Exercise decreases stress, anxiety, and fatigue and gives the person a better outlook on life.
■ Exercise can alow the aging

lose extra pounda or stay at ideal weight.

One hour of brisk walking will burn about 320 extra calories. Do

Meanwhile, walking strengthens thighs, buttocks and lower back muscles. You can walk your dog, walk with a friend or walk with a friend or walk with your whole family.

For more information, or to receive a copy of the Oakland County Heart Health "Walking Guide," call (810) 858-1407. For bulk copies, call Karin Hopkins at the same number.

Following simple rules can save children from burns

There seconds.

That's how long it takes for a child to receive a third degree burn — requiring hospitalization and skin grafts — from water at 140 degrees Fahrenheit.

rect heat source.
"Children are at greater risk be-cause their skin is thinner than

adult akin," said Karen Mendel-sohn of Peerless Faucet Compa-ny. They sustain burns more quickly and at a lower tempera-ture than sdults."

According to the National SAFE KIDS campaign, a group that educates parents and care-givers about preventable child-hood injuries, including scald burns, in 1992 approximately

30,000 children age 14 and under were treated in emergency rooms for scald burn injuries. Of these children, 70 percent were age 4 and under.

Tap water injuries are typically the most severe, with 17 days as the average hospital stay.

Tap water burns often happen in the bath, when youngsters are

left unattended in water that is too bot.

"A child does not have the built-in defense mechanism of an adult." Mendelsohn said. "A built-in water may scream but be may not be able to get out of the tub or show-er."

Other situations include a child inadvertently or intentionally

Also, place hot dishes at the back of the counter and keep hot foods away from the table edge.

Test water before putting children in the bathtub or shower and always stay with your child during bath time, even if the phone rings or someone knocks at the door.

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